

What happens in the group?

The NAS Sefton Parent Carer Support Group is there to provide valuable peer support to any Carer that is supporting someone aged 16yrs plus with ASD. The person you are supporting does not need to have an official diagnosis of ASD for you to come along to the group.

Meetings are informal and a chance for you to talk to other Carers who are in a similar caring role to yourself. At the group Carers share information and ideas and contribute comments and concerns in a coordinated way to help to support local services that are available for the person you are caring for and for you as a Carer.

For more information about the group please email: nassefton@nas.org.uk



NAS Sefton Parent Carer Autism Support Group

Until everyone understands

What is the NAS Sefton Parent Carer Support Group?

The NAS Sefton Parent Carer Support Group is a local National Autistic Society support group for parent carers that are supporting anyone aged 16yrs plus with Autism Spectrum Disorder (ASD), which includes Asperger's.

The group is run by volunteers who are also parent carers themselves.

Where do we meet?

The group meets every month and we alternate the venue between South Sefton meeting at Sefton Carers Centre in Waterloo and North Sefton, meeting at The Life Rooms in Southport.

Meeting venue addresses are shown below:

Sefton Carers Centre
27 -37 South Road
Waterloo
Liverpool
L22 5RF

<http://www.sefton-carers.org.uk>

Life Rooms Southport
23 Scarisbrick Avenue
Southport
PR8 1NW
www.LifeRooms.org

Meeting dates and Times for 2019

Tuesday 16th July 1-3pm at Sefton Carers Centre, Waterloo

Tuesday 20th August 1-3pm at The Life Rooms, Southport

Tuesday 17th September 1-3pm at Sefton Carers Centre, Waterloo

Tuesday 15th October 1-3pm at Life Rooms, Southport

Tuesday 19th November 1-3pm at Sefton Carers Centre, Waterloo

Tuesday 17th December 1-3pm at Life Rooms, Southport

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